

Raw Recipe – Marinara Sauce

Ingredients:

- 4 dates, pits removed
- 3 ripe tomatoes, seeded and chopped
- ½ cup oil packed sun dried tomatoes
- 1 red pepper, chopped
- 2 TBS extra virgin olive oil
- ¼ cup fresh basil leaves
- 1 tsp dried oregano
- 3 cloves garlic, crushed
- ¼ tsp salt
- pepper

Directions:

Place all ingredients in the food processor and process until well blended but not pureed.

To Serve:

Serve on cooked pasta or spaghetti squash or, for a totally raw meal, serve on a bed of raw zucchini strips or spirals. Strips can be made with a vegetable peeler. Spirals can be made on a spiral slicer.